



RIGHT AND DUTY OF PHYSICIAN-PATIENT IN MEDICAL CONTEXT

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ABSTRACT

In my duties, the rights of others are included, and in my rights, the duties of others are also included. Just as we can see in the education field where the teacher's duty is to give the right education and it is the right of the learner to get the right education, in the same way, the learner's duty to respect the teacher and the teacher's right to respect of his autonomy. Duty and right are the two parts of one coin (life). Generally, there are some duties to protect human rights (education, information, health, freedom of speech and expression) same some duties (duty of care, not to harm, to benefit, to give good faculties, respect others, to speak the truth) prescribed by medical ethics towards the Patient and Physician to protect rights (right to life, respect to autonomy and dignity, right to health, right to cure, right to select the cases). So we see here, that the Physician's duties become the rights of the Patient, for example, the Physician's duty is to do best for the Patient's health, and the Patient's right is the right to health. In the medical field, the Physician's duty is to respect the Patient's choice and Patient's right is to select an excellent medical option. We always discussed the Patient's rights (Respect, dignity, and autonomy) and the Physician's duties (Doing his best for the Patient's health) and obligations (not harming the Patient) instead of the Physician's rights (Rights to reject and select treatment and cases) and the Patient's duties (Respecting the physician and following the physician's suggestion, Prescriptions) and obligations (not harming the Physician). If we start to give priority to duties of patients and the rights of physicians, then we will create an actual, mutual partnership model which will connect truly both parties and give equal importance and respect ultimately ending all the conflict related to Physician-Patient relationship. We can also fill the gap in thoughts and motives between both because if both begin to realize their responsibilities and obligations and respect each other's rights, all the clashes between them will come to an end. In this paper, I will discuss the duties and rights of doctors and patients, which can help bridge the gap between both relations and make them equal participants with each contributing actively and not just passively.

KEYWORDS: Ayurveda, Hippocratic Oath, Duties, Rights, Counselling

INTRODUCTION

"Water cannot become a river without the support of land, and land cannot get wet without the contribution of water."

Here, in this metaphor I represent the physician as water and the patient as land, as we see that just as water and land are independent for a healthy and green environment. Any relationship is personal or professional becomes meaningful through genuine collaboration. The concept of good health highlights necessity of interdependence in the physician-patient relationship. Physician and Patient starts as strangers to each other, with one providing treatment and the other receiving it, however they collaborate with the noblest of intentions to achieve success in the health care sector. You, the Physician are a Protector, a God, and a Warrior; who understands this and conveys the message to others. Who recognizes the significance of the Physician, in my view he is only a patient who feels the gratitude of the Physician like a wet land that feeling water's coldness and liquidity and accepting this gratitude. The Physician realizes that he becomes perfect with the support of patient just as water can become a river with the support of the land. One of the great Clinical Psychologists Nancy Small expressed her gratitude towards her patient's loving, respectful expression related to her work, care and survival skills as she

wrote,

"My passage and those of my patients have mutually impacted each other. In my interactions with my patients, I recognize what I preach but do not practice, encouraging me to change my behaviour as well. My patients continually remind me of my strengths as well as my weaknesses. Most importantly, their success stories have amplified my hope for a better, happier present and future for mankind and myself. I have experienced incredible heights of pride, caring and positive energy in my collaboration with my patients, as we empower each other. I am eternally grateful for the lessons we have taught each other through the years, as we continually evolve our protean selves."¹ (Small, Nancy, 2020, p. 94)

The Patient becomes healthy, happy, peaceful, and strong with the support and treatment of a Physician, just as land is enriched and made wet by the help of water, a sick person blessed by the treatment and care of a Physician. I am mentioning here a poem that represents the lovely bond between the Physician and the Patient, this is dedicated for Nancy Small, a Clinical Psychologist, who shares a beautiful poem composed by her Patient, that conveying the Patient's emotions and gratitude

towards the Physician, the lines are:

“We wander together
To explore the caves
Darkness envelops me
She sees points of light
Ways to escape
To embody the freedom
That can eternally exist
Without completeness
Without perfection
Sunshine burns if you get too much
She says.
Accept
Enjoy
Stay in the cave as long as you need
And I will continue to lead you
To those
Few
But powerful
Points of light.”²
(Small, Nancy, 2020, pp. 94-95)

The medical profession is holly job because of the relationship between two strangers (Physician and Patient) where a stranger who placed the precious gift of his life in the hands of another stranger who protect and help him with the best of his knowledge, scientific instruments and humanitarian touches (love, kindness, empathy, care). We often saw that the Patient is always free to choose in a medical contract, but the physician is not accessible to as he must fulfill the Patient's best interests. Physician follows an excellent code of ethics to provide the best care of his Patients. The medical institution influenced by science, technology and their rules encounter profound ethical questions presented by the Patient's competence which can challenge the Physician's commitment to service and treatment system. The interference of new technology has broken patients' trust, morals, and human sensibilities, and due to this interference, a sense of non-cooperation between physician-patient is taking place. There is excessive pressure on the Physician to act in the best interest of the Patient and avoid causing harm, while there is comparatives less pressure on the Patient regarding their health and informed consent; patient's families often exhibit mistrust of the medical system and bitterness towards physician, are the emerging problems which are in medicine. Therefore, it should be our priority to resolve dilemmas arising out of new technology and keep in mind our old medical traditions (the Oath of Medicine). We should start to thinking about the rights, duties, obligations, and responsibilities of both the Physician and the Patient because healing aims at achieving health benefits and promoting the harmony between Physician and Patient. Health harmony is the ideal form of the medical profession and to achieve that ideal form, there is a need to consider the Patient's duties towards the Physician and the Physician's rights towards the Patient, and I will try to discuss and focus all these in this paper.

The word duty is derived from due, which is come from the Latin word debere or dept, mean that which owes. It is ethical category denoting a special form of moral obligation. A duty

is moral, social, ethical, or legal obligation owed by one party to another. It is moral obligation applied to every person and profession. Example; the physician has a duty to save the life of patient in any circumstance. Responsibility comes from the Latin word responderere, which means to vouch or respond to. It refers to the individual response or commitment to fulfill the duty expected from him. Example; the physician reasonability is to follow his code of conduct effetely.

Right is a privilege sanctioned to individuals by state? For instance, the constitution has guaranteed certain rights to its citizens. Rights are legal, social, or ethical principles of freedom. Rights are fundamental normative rules, which derived from moral beliefs about existence and purpose. They can be positive and negative, a positive right is to do something and negative right is prevention of any interference. John lock held that every individual possesses certain natural rights. It is the responsibility of the state to protect the natural rights of the individuals. Example; the patient has right to health, life and privacy.

At the end of the 5th centenary B.C., the Hippocratic Oath was written in Greek. The second part of the Hippocratic Oath deals with the ethical codes of medical conduct that determine the duties of physicians towards the medical profession and patients. The Hippocratic Oath is following:-

I swear by Apollo the Healer, Asclepius, Hygieia, Panacea and all the gods and goddesses, making them my witnesses that I will carry out, according to my ability and judgment, this oath and this indenture..... I will use treatment to help the sick according to my knowledge and determination, but never with a view to injury and wrongdoing. I will neither administer poison to anybody when asked to do so nor suggest such a course. Similarly, I will not give a woman a pessary to cause an abortion. But I will keep pure and holy both my life and y art. I will not use the knife, not even on sufferers from stone, but I will give place to such as be artisans therein.

Into whatsoever houses I enter, I will enter to help the sick, and I will abstain from all intentional wrongdoing and harm, especially from abusing the bodies of man and woman, bond or free. And whatsoever I shall see or hear in the course of my profession, as well as outside my domain in my intercourse with men if it is what should not be published abroad, I will never divulge, holding such things to be holy secrets.

Now if I carry out this oath and break it not, may I gain forever reputation among all men for my life and for my art; but if I transgress it and forswear me, may the opposite befall me.⁴ (Bakshi, Anita, 2018, pp.9-10.)

According to Hippocrates, the ideal Physician has rational and moral attitudes, making him wise, knowledgeable, logical, alert, caring, sincere, sensitive, compassionate, and benevolent. His oath set high ethical standards for medicine and the behaviour toward patients. Healing is an art, and the role of a healer is

like a friendly caretaker who patients and family members must respect.

We find that in the Physician and Patient relationship, Physician seeks trust from the Patient side and Patient needs care from the Physician side. The Hippocratic Oath self-realises the Physician's inner god-gifted strength and the moral beauty of art and also motivates him to explore the real cause behind unhealthy and healthy life. Oath, warns the professional, do not to go against the professional ethics of medicine because the result will go harmful to the individual and the community. All Physicians are associated with Professional duties by Oath, so the role of a Physician is that of a responsible, sensible, caring citizen who has some special qualities, it is necessary to shed light on what those qualities are.

Physician's Right and Duty:

In the Book "The Best Doctor is also a Philosopher," Galen asserts that any doctor must "know all parts of philosophy: the logical, the physical and the ethical."⁵ (Jonsen, Albert R., 2000, p.10) means:-

- The Physician should logically deal with the problems in the medical context. He should be skilled in reasoning about the patient's problems, which helps him to understand the nature and function of the body, mind and diseases. He should practice the Indian ethical philosophical values of abstinence, contentment, asceticism, self-restraint, sense of control. He should be avoided greedily earning money. All evil deeds done by a general person are done either "at the prompting of greed" or "under the spell of pleasure" so evil deeds should be avoided by the physician and do the job sincerely.⁶ (Jonsen, Albert R., 2000, p.10)
- Galen's philosophical Physician is not merely a student of philosophical ideas, but one whose life is composed of justice and temperance. Physician is castigated by others for greed, controversy and ignorance whereas the ideal Physician treats the poor and follows rationally prescribed medical practice. He studies everything that affects health. He is fair to all and lives a modest, even ascetic life. Galen cites the Hippocratic ethics literature to justify this picture of the good physician. He reports that many Physicians were hostile to him "on account of his medical skill and his distinguished way of life".⁷ (Jonsen, Albert R., 2000, p.10)
- The Physician must understand the nature and function of the human body, mind, and emotions and try to make the most of the patient's current experience. The physician should try to understand the patient's lived experience of the disease, as it keeps on changing which can go from positive to negative or from negative to positive direction. Connecting with the patient's disorder as well as the sufferer is a human medical skill that aims to enable the physician to understand the patient's illness and mood by going beyond their medical competence, and diagnostic process.
- The Physician has the technical skill to diagnose, the scientific knowledge of the organs and diseases, and psychological understanding, which enables him to

know the external and internal conditions of the Patient and to be with the Patient like a friend who helps to behave humorously. The virtues of courage, justice, wisdom and humanity characterize him as a God. He is the Patient's friend, mentor, counsellor, philosopher and guide. His life's main aim is to prevent and cure disease, relieve human suffering and make man happy and healthy.⁸ (Lavekar, Dr G. S., 1996, p. 32.)

- The Physician in a fiduciary position is to be careful while treating and healing a person because his commitment is to be cautious while treating and curing a person. He must act with utmost good faith towards the Patient. Physician must provide a cure for a disease or its prognosis. He must try to play the role of the sympathy provider, the gentle soother to the Patient.

Ayurveda instructed us to follow the various restraints, which are similar to the *Yamas* of yoga and Physician should follow those instructions:

- *Ahimsa* (Non-violence):- In medicine, it means protection from any harm thought (greed), words (hard, painful), or deeds (killing). Physician must be calm and compassionate when he treats the Patient. (Apply to both Patient and Doctor).
- *Satya* (Truth):- Always try to speak the truth to save someone's life, but keep the situation in mind. (Apply to both Patient and Physician). Charaka said same thing in Charaka Sutra

"Diminished expectancy of patient's life, even if you know, should not be mentioned at such place, where if so said, it would hurt the patient or someone else."⁹ (C. S. III.8.13.)

- *Asteya* (Non-stealing):- Do not steal anything from anyone only take salary or wages in any Profession, and do not threaten the Patient for money.
- *Brahmacharya* (Celibacy):- Always try to respect the people (Patient, Patient's family), avoid lust, and keep sensory organs and motor organs under control.
- *Aparigraha* (Non-greed):- Avoid any greed in medicine, do not get tempted, and avoid corruption because it is an ideal life-saving profession.

Physician must inculcate morality in his nature; he should respect sacred values such as truth, friendliness, empathy, love, and care and honestly does duty. Charaka explained all these qualities in Charaka Sutra which are:-

"Friendship with all, sympathy towards the sick, feeling of profound satisfaction upon recovery and over-looking even those who feel ill towards him is sufficient to fulfil the ethical requirements of a doctor."¹⁰ (C.S.1.9.26.)

Physician can achieve the four main goals of human life (*Purusharta*)-duty (*Dharma*), wealth (*Artha*), pleasure (*Kama*), and liberation (*Moksha*) through dutifulness.

- *Dharma* (Duty): The Physician's care relieves an

ill person's suffering, which gives him happiness. Ayurveda is conscious not only of the health of the individual but also of social medicine which is concerned with the health of the community. *Hita* prescribes duties in respect of personal, social and spiritual Spheres. Vagbhata says that '*Sukha Ayu*' means happy life cannot be obtained without '*Dharma*' so one should always be busy in conduct followed by '*Dharma*'.¹¹

सुखार्थाः सर्वभूतानां मताः सर्वाः प्रवृत्तयः ।
सुखं च न बिना धमत्तिस्माद्धर्मचरो भवेत् ॥
(A. H. Su 2/20)

Physician who obey the rules and oath of medicine and follow humanitarian ground become an ideal for others as Charaka said

"He, who treats his patients only on humanities grounds without desiring any money or personal benefit in return, supersedes all other physicians."¹² (C.S.VI.1.4.58)

- *Artha* (Wealth): Pure form of earning through the job makes you wealthy and fulfils all needs. A person possessing the above-mentioned qualities as specified in the text of Ayurveda attains fame along with longevity while leading a healthy and rich life.¹³

इत्याचारः समासेन यं प्रप्नोति समाचरन् ।
आयुरारोग्यमैश्वर्यं यषो लोकांश्च षाष्यतान् ॥
(A.H.Su.2/48)

- *Kama* (Pleasure): Satisfaction in the job and the gratitude of patients give him pleasure, as Charaka said:

"He, who regards kindness to humanity as his supreme religion and treats his patients accordingly, succeeds best in achieving his aims of life and obtains the greatest pleasures"¹⁴ (C. S.VI. 1. 4. 62.)

- *Moksha* (Liberation): Service to humanity gives liberation to doctors.

Physician has a crucial role to play in upholding ethical standards in healthcare. As such, Physicians expect to follow certain codes of conduct. The specific code of conduct may vary by country or institution, but there are some common elements of a Physician's code of conduct in medical ethics. Here are some key features:

- Physician should respect patients' autonomy, dignity, and privacy and provide compassionate, respectful, and non-discriminatory care.
- Physician should obtain informed consent from Patients before providing treatment or conducting research. It involves providing patients with relevant information about their condition, treatment options, risks and benefits and allowing them to make informed decisions.
- Physician should maintain and update their medical knowledge and skills that provide care and meet the

standard of care for their specialty. Physician should also know their limitations and refer patients to other providers when it looks appropriate.

- Physician must be a great humanist; That is, he must have an epistemological and ethical perspective. Like an epistemologist, the Physician should have knowledge, imagination, understanding, memory, resourcefulness and promptness, theoretical knowledge, extensive practical experience and skill, and a clear understanding of the purity of mind and body. Ethically, the Physician must show friendliness to all, compassion to the sick, devotion to the Patient who can cure the Patient, and acceptance of the inevitable in the case of dying patients.
- Physician should maintain the confidentiality of Patient's medical information, except in cases where disclosure is required by law or necessary for the Patient's care.
- Physician should behave professionally interactions with patients and relationships with colleagues and other healthcare providers, including being honest, transparent, respectful and avoiding conflicts of interest.
- If Physician conducts research, they should obtain informed consent from research subjects and ensure the investigation is conducted ethically, with minimal risks to the issues.

By following these codes of conduct, Physician can contribute to the ethical practice of healthcare and help ensure the best possible outcomes for their patients. Physician often face ethical dilemmas in their approach, where they are confronted with conflicting values, obligations, or interests. Some common ethical dilemmas that physicians face include:

- Physician may face a situation where he looks in a struggling mood to balance a patient's autonomy or right to make the Patient's own decisions with the Physician's duty to act in the Patient's best interests. Case: X (cancer Patient) may refuse a recommended treatment of cancer due to pain that would benefit them, or X may choose a treatment that carries a high risk of harm which can be resulted in death. In such cases, healthcare providers face difficulties, and to short out this condition, they must balance the Patient's autonomy with their obligation to promote the Patient's welfare and prevent harm. Physicians are responsible for caring equally for all patients with their own financial interests or workload.
- Physician may face situations where he must weigh obligation to maintain patient confidentiality against the potential harm of not sharing the information. Often the Physician may face the dilemma of the possible harm caused by AIDS patients to maintaining privacy and not communicating the Patient's communication with others.
- Physician may struggle to balance obligation to be honest with the patients against the potential harm from sharing difficult or upsetting information. If a Physician shares the report of an AIDS patient with everyone, he is dishonest to his Patient by breaching the condition of confidentiality.

- Physician may face ethical dilemmas related to end-of-life care, such as when to end life-sustaining treatment or determining the appropriate level of pain management for a dying patient. The basis for seeking euthanasia is whether to discontinue life-sustaining treatment or choose the proper level of pain management for the dying Patient. Here Physician may be faced with ethical dilemmas related to end-of-life care which present the dilemmas of end-of-life with the end of pain or continuation of life with the pain of disease.

To navigate these dilemmas, physicians must rely on their knowledge of medical ethics, their values and beliefs, and consultation with other healthcare providers, patients, and families. Physicians may also consult professional, ethical codes, institutional policies, and legal requirements to guide their decision-making. Ultimately, Physician must strive to act in the best interests of Patient while upholding ethical principles and maintaining their professional integrity. Generally, we focus on the Patient's personality, autonomy and dignity and overlap with it; we ignore the Physician's personality, which is essential for the treatment and mental satisfaction of the Patient. If the tree is strong, it can give perfect shelter and safety to anyone (birds, animal and human) same happen with a physician; if he is in excellent condition (physically fit, calm, happy) and realize his strength (care, counselling, scientific knowledge, cool and friendly behavior), he can do his best and behave well in cure and care. Virginia Satir, one of the great psychologists, emphasizes the therapist's personality first in the treatment process because only another human soul can affect the dignified human soul. As Virginia experienced, one could feel her power and presence as she attempted to interact (Doctor and Patient) both cognitively and intuitively, facilitating the healing process, helping the Patient, and developing an emotional and physical relationship. Healing is an interactive process (Patient and therapist, client and counsellor or therapist) that enables the therapist or counsellor to feel their true self's total energy and perform their duties. Virginia Satir co-created the following experiences that are helpful to therapists (Physicians) in therapy:

1. The feeling of warmth in service and the feeling that someone cares, that what happens to you matters to someone else.
2. The experience of someone means listening attentively, taking what you have to say seriously and realizing people's positive attitude towards you.
3. The experience of being encouraged by an empathetic other to recognize and verbalize your most profound truth and, in doing so, to become more familiar with your true self.
4. The experience of speaking freely and honestly without fear of being negatively judged or rejected if your values differ from his or society's norms.
5. The experience of total acceptance allows you to realize that your value as a person is not tied to meeting external expectations.
6. The experience of being able means to rebel or express hostility without being embarrassed for doing so.

7. The experience of trusting someone who believes you can make responsible decisions.
8. The experience of connecting spiritually with someone means encouraging you to live from your inner truth.
9. Feeling affirmed and respected by someone who appreciates your right to grow and change.
10. The experience of a harmonious and stable relationship with a healthy and complete human being.¹⁵ (Cowley, Au-Deane S. & Ramona S. Adama, 2020, pp. 52-53.)

All these experiences not only build up the self-esteem of the Physician but also, at a deeper level, he involves the patient's physical body, cognitive powers, social skills, and, most importantly, spiritual peace in his encounters with others. The healing process diagnoses the person as a whole – physical, emotional, social and spiritual, so we see Physician's holistic healing on four levels ¹⁶(Cowley, Au-Deane S. & Ramona S. Adama, 2020, pp. 52-53);

- The lowest level is the medical good; the good medical aims at the return of physiological function, the relief of pain and suffering through medication, surgical intervention etc. at this level, the Patient's good depends on the proper use of the Physician's knowledge and skill, those which are intrinsically part of the medical arts.
- The personal good as perceived by the Patient; This level is concerned with the Patient's personal preferences, choices, and values, and the kind of life he wants to live, the balance he strikes between the benefit and burdens of the proposed intervention.
- The well-being of the Patient as a human being; At this stage, the preservation of the Patient's dignity, and respect for his/her rationality as a being, the Patient who is a human being is not a means for other but an end in itself, who has inherent life-value that is not affected by internal and external factors. Patient and physician partners, whose solidarity is bound by mutual interest and respect, must adopt autonomy, beneficence, non-maleficence and justice to achieve this level.
- The highest level is the Patient's spiritual good; the highest level is to realize the Patient as a spiritual being who is in his way and acknowledges some end to life beyond the material. In this level, all are the same; no one is immortal, has consciousness, and is an image of God. It is a realm of spirit. This realm of spirit gives ultimate meaning to human lives. It is that for which humans often make the sacrifices of other good things. From the perspective of natural law, the spiritual destiny of man is his highest and ultimate good.

We find that each level interlinks with the others. In the medical profession, the four components of the Patient's well-being are arranged with in hierarchical order; involving a spiritual good is at the highest level. The patients' interest is a quadripartite good, a complex inter-relationship between medical, personal, human, and well-being. This concept generates the duties of the clinician at different levels. A theory of the Patient's interest also applies to the ethics of the healing professions. The role of the doctor is multi-faceted involves treating the patient by

addressing all aspects of their life. We can see the physician play the role of philosophical counsellor, medical advisor, friend, and philanthropist. Ayurveda indicates that the approach of the physician is not disease centric but rather multidisciplinary which touches all aspects of the patient's life including mental, physical and spiritual. The patient-centred approach of the physician is helpful in the attainment of Purushartha (dharma, artha, kama, moksha). This is the reason why Sushruta advised that the science of life is permanent and provides merit (punya), heaven, fame, longevity and livelihood.

Traditionally medical practice is accepted patient-centred care. To fulfil the ideal of patient-centred care, healthcare providers play the role of counsellor, friend, and guardian at different stages. The counsellor enriches the client's worldview. Counseling is a form of Contemplation that seeks to engage our entire being (Body, mind, soul).

- In counselling, the counsellor explores the client's life.
- Counselling makes the client independent so that he/she can solve problems and prevent the recurrence of issues so it accepts mutual participation.
- It is a learning process that enables personality development and helps to improve character.
- It is a healing practice that promotes the deepest level of healing, which arises from true understanding.
- The object of counselling is wisdom, which reflects the openness of the individual's understanding toward new layers of existence. Counselling is a way of opening oneself to the depths of reality.
- Philosophical considerations enable the voices of reality to hear in counselling. It shows us that our world is not just a dark, confused world; fact has many hidden dimensions, and the counsellor-client partnership unearths them.

Most importantly, a counsellor listens carefully to his client and tries to understand the client's problems. He operates effectively with the client to develop a coherent philosophy of life and serve his well-being. Counsellor must develop five essential competencies (abilities), which are

- Questioning: Through the medium of questions trying to understand the patient's mental agony.
- Listening: To know the patient along with the disease, listen to the patient patiently.
- Explaining: Explaining the problems until the patient understands the level of the disease and the related problems.
- Understanding: To understand every type of patient and disease.
- Reflecting: Thinking and reflecting upon the treatment process and the patient's condition.
- Proper Dialogues: It takes us from limited experiences and provides a new vision to see and understand the truth. It is a suitable medium to understand someone's mood and thoughts, and even dialogue with own self is also a form of searching for truth. The positive way of talking, caring, expressing and sharing helps to understand each other's mood (doctor-patient) and the intricacies of healing. The World Health Organization

has also identified an ideology of traditional medicine that promotes dialogue between Physician and patient.

When Physician demonstrates a holistic approach to treatment to the Patient and tries to know the Patient's mental, physical, social, and spiritual condition, he wins the Patient's confidence, and the Patient also fully cooperate in healing. According to Ayurveda, the art of healing do best under the supervision of the Philosophy of life. Improvement of physical, mental, and spiritual levels of human life is the purpose of the Physician. To fulfill medicine's goal, the branches of Philosophy (Logic, Epistemology, Ethics, and Metaphysics) help him. A physician takes apart the ill-embodied components of the Patient's body (physical, mental and spiritual), heals them, and converts them into their original form. Logical approaches help him in this act of healing. To serve humanity and nature is a form of spiritual liberation. Doctors do a noble job because they protect the health of humans with the help of nature (inner nature of human –conduct and external nature-herbs). The Sushruta Samhita emphasizes the protective role of physicians, saying that they should "nurture compassionate feelings towards all beings because physicians with such qualities give life to patients and achieve success in the treatment of their diseases."¹⁷ (Lavekar, Dr G. S., 1996, pp.12-13)

The intensity of a medical relationship gives rise to beneficial results, so the Physician should be loyal to the Patient and the Patient to the Physician. Sushruta says that the Patient trusts the Physician more than his father, mother, brothers and relatives: he may doubt them, but he can never doubt the Physician. Thus Patient surrenders himself to the Physician with full confidence for treatment. The therapist has to be very specific; He should treat his Patient like his own son and see that his behaviour does not violate the Patient's trust.¹⁸ (Lavekar, Dr G. S., 1996, pp.13)

Today, patients are more aware of their rights, more censuses of ownership and a plethora of options (proper treatment) have made the Patient moody towards the Physician. So, it becomes necessary to know the characteristic of the Patient.

Patient's Right and Duty:

The Patient is one among the four pillars (the Physician, the Patient, the medicine, and the attendant) of Ayurveda; Caraka and Susruta describe the Patient as the *Mathura* (suffering), *Gori* (sick), *Vyadhyupasrsta* (affected by diseases). The Patient's characteristics are Mindfulness, obedience, fearlessness, and providing the correct information related to suffering. Ayurvedic Vaidhya Kasyapa has characterized the attributes of the good Patient which are essential for treatment and medical ethics; according to him,¹⁹ (Wujastyk Dagmar, 2012, p. 52)

- Patient gives accurate information on his disease to the Physician. If the Patient cooperates with the Physician and the treatment process, the chances of the Patient's recovery will increase. Patients expect to be honest and open with their healthcare providers, providing accurate and complete information about their medical history, symptoms, and concerns. All these virtues help healthcare providers make informed decisions about the Patient's care.

- Patient should have faith in the Physician and attendant. A patient is obedient to the Physician; obedience to the Physician implies we trust in the Physician while emphasizing the Physician's skills establishes him as one who deserves this trust. Susrut said in Susrut Samhita that

"The patient may doubt his relatives, his sons and even his parents, but he has full faith in the physicians; he gives himself up in the doctor's hand and has no misgivings about him; therefore, it is the physician's duty to look after him as his son."²⁰

(S.S. I. 25.43.44)

Patient should be pious, well-behaved, obedient, and self-controlled, so it is also necessary to follow a good code of conduct to patients.

- Patient should respect the gods, the twice-born, teachers, physicians, medicines and friends. The friendly and light atmosphere is created by the Patient's behaviour, respect, and trust.²¹ (Wujastyk Dagmar, 2012, p. 52)
- Patient should respect healthcare providers' knowledge, skills, and experience and avoid disrespectful, threatening, or abusive behaviour, which includes following instructions and treatment plans and attending appointments as scheduled.
- Patient have the right to make decisions about their healthcare and should be fully inform of the risks and benefits of any proposed treatment before giving consent. They can also ask questions if they need help understanding something.
- Patient has the right to privacy, and healthcare providers are required to keep their medical information confidential. They should also respect the privacy of other patients and healthcare providers.
- Patient should comply with rules and regulations healthcare facilities and providers set forth, including safety, security, and infection control.
- Patient should be responsible for paying for healthcare services and should be honest and transparent in their interactions with healthcare providers and insurers. Charaka criticizes the person who does not reimburse the Physician; the Patient must pay the fee and make the due payment. Otherwise, he cannot absolve himself from the liability of the Physician but charge or otherwise depending on the circumstances of the Physician and the Patient. The Physician-Patient relationship evoked a dominant sense of love and service on the part of the Physician and a feeling of appreciation and generosity on the part of the Patient.
- The Patient should be of tolerant and courageous mind. The right harmony of body and mind fills the Patient with enthusiasm, which gives rise to positive thinking to fight against the disease.
- The Patient should be financially secure because the expenses related to the disease are in their hand. The availability of funds saves the Patient from financial troubles and ensures timely access to treatment.
- The Patient should be a believer and have faith in God

and the medical professional. Faith, symbolizing inner strength, helps to create a sense of trust in the Patient towards his or her therapist and ultimately acts as a psycho-spiritual factor in the healing process.

- Quacks in the medical profession put the Patient's life at risk, and they hand over the responsibility of life and death to human beings. Charaka declared that the disease is cured in the hands of a learned Physician, while in the hands of a quack; hundreds of lives are lost.²² (Lavekar, Dr G. S., 1996, p.30.) Therefore, the Patient should be alert from quacks in the medical profession and should go for treatment after reviewing the information related to the Physician. Gandhiji criticized doctors and medical services in Hind Swaraj because doctors and medical services are influenced by Western civilization, leaving the identity of Indian culture as "human service" and engaging in "earning money" and being unethical in human service. Due to this, doctors and medical services started going astray. He says that "hospitals have become institutions of spreading sin."²⁴

By following these codes of conduct, patients can contribute to the ethical practice of healthcare and help ensure the best possible outcomes for their care.

In Physician-Patient relationship, autonomy is related to both. The Patient's autonomy expresses that the Patient can opt any choice regarding treatment, expenses, and mental and physical health. A physician's autonomy indicates that he can take decisions independently without external or internal pressure for patient's wellness. In non-emergency situations, the Physician may exercise his autonomy and refuse to treat under the following conditions:

- If the Patient has a disease or illness outside the Physician's area of expertise, he may refuse to treat, as he does not have the required skills; for example, a doctor can refuse to operate on a patient if he does not train in surgical techniques.
- If the Patient does not comply with the prescribed treatment or has missed follow-up visits, the Physician may refuse to treat the Patient. He would have to give his reasons to the Patient and hospital authority in writing and refer the Patient to another doctor.
- If the Patient or the relatives threaten the Physician with harm, the Physician may refuse to treat the Patient.
- If the Physician is physically unwell or exhausted from work schedules, it may affect his judgment and skills.
- If the Physician is closely related to the Patient emotionally, the Physician may choose not to treat as clinical objectively may be compromised.

The rights of physicians are correlative to the duties of patients. Physicians can expect patients' fidelity to their commitments, including keeping appointments, paying bills, and making confidences.

- There is controversy over whether a Physician may refuse to treat a patient who rejects to alter unhealthy lifestyles and habits which look against the Patient's condition. The Physician may often find himself in

a dilemma when he has to decide about his approach regarding patients with incurable diseases, terminal illnesses or who are on the verge of dying. In ancient medicine, the stress is laid on avoiding treatment of such cases which suffer from diseases which are considered incurable. In such type case, the Physician has the right to refuse the treatment of such a patient.

- If the Patient refuses to pay the treatment or consultation charges or rejects the treatment plan, the Physician can refuse to treat a nonemergency after giving a reason.
- The Physician is free to choose whom he will serve. However, he should respond to any request for assistance in an emergency.

There is nothing in the Hippocratic Oath about the duties of the Patient, but in the Ayurveda, we find some responsibilities of the Patient. It means expectations can also come from the Physician's side towards patients, so always try to make both relationships strong and healthy. To fulfill this requirement, the Patient must be alert to his duties towards the Physician. So, the responsibilities of the Patient are following;

- The Patient must prefer a physician whose life habits are regular and who is not devoted to company, pleasure, or any pursuit incompatible with his professional obligation.
- The Patient should faithfully and unreservedly communicate with their Physician.
- The Patient should never weary the Physician with tedious details of events or matters not appertaining to disease.
- Patients should obey the Physician's prescriptions promptly and implicitly without being influenced by their crude opinions about fitness.
- Patients should avoid even friendly visits from a physician not attending to them.
- The Patient should declare his reasons for dismissing the Physician.
- The Patient should pay the bill according to the principle of justice, and duties of fidelity require paying bills and keeping good appointments. Another dedicated aspect is confidentiality, a reciprocal promise that information disclosed within the patient-physician relationship will not be disclosed to third parties. In many cases, however, patients may learn things in the professional relationship that they must keep confidential, were the Physician to disclose personal information about himself during the Patient's diagnosis, the duty of confidentiality might apply. Patients and physicians are both responsible moral agents; they bear confidentiality duties.
- The Patient should tell the truth to their physicians about his illness and social, economical and mental conditions.
- The Patient should act in the Physician's best interest, which means they should prevent harm to the Physician and promote a good code of conduct. They should not try to harm the Physician.
- The Patient should respect the Physician and accept the recommended medical interventions of a physician. Respect the autonomy of physicians.
- The Patient should respect the dignity of Physician

based on the fundamental idea that a person should treat with respect and dignity in the medical environment.

- The Patient should express the complete truth about his medical condition to the Physician.

Yoga is derived from the root Yuj, meaning unite or integrate. In doctor-patient relations, Yoga means the union of duty and right; it could be considered the union of responsibility and respect in medicine. It is Bhagavadgita's Yoga as karmas kausalam, meaning perfection of skill in action points in the clinical environment doctor's scientific knowledge, human understanding, logical analysis, moral behaviour, and the patient's embodiment of talent in action are openness, trusting, following, and confidence. Bhavadgita defined Yoga as an attitude or state of mind with stability over success and failure "Samatvam yoga uchyate, the same mental condition, could be followed by physician, not for salvation but for perfection in duty and gaining the patient's trust. If we consider trust and autonomy, then we have an example of the right synergy of both principles in the doctor-patient relationship. The patient goes to the doctor with the confidence that the doctor is bound by his professional commitment and integrity to act in the best interest of the patient and if the doctor breaks his oath there will be a risk of serious failure as well as humiliation in the doctor-patient relationship. The doctor-patient relationship, which eliminates the idea of self-interest, and does charity in the form of giving of life or saving this life, is the greatest example among all professional relationships. This relationship does not happen suddenly. Here the trust of both parties to establish the feeling of devotion towards each other last for a long time as it is a trustworthy relationship.

From a patriarchal point of view, the doctor-patient relationship is based on trust, where the dependence of the patients on the professionals has been accepted. Yet the traditional doctor-patient relationship has become a subject of criticism. The reason for this is the lack of trust and respect towards the doctor and lack of doctor's attribute of the compassion and friendliness towards the patient, now lack of both these things are seen in this relationship. Awareness of patients and less dependence on medical professionals may be the reason for weakening the relationship. One of the main pillars of Ayurveda is the Physician. Ayurveda describes that knowledge of the medical discipline, broad observation, proper practice, sense of humour, good skill, honesty, and cleanliness in behaviour and dress are all good qualities of a doctor; the vital pillar after the doctor is the patient and in Ayurveda, meditation, obedience, fearlessness and giving information about the disease are considered to be the qualities of the patient.

In today's busy and conflicted life, everyone is in the grip of various diseases, and it seems complicated to avoid them; in such a way, even the Physician who cares for others' lives is affected. Because of this, Physician also become sick and need treatment. In such a situation, along with the importance of their duty, they can understand the condition and suffering of the Patient very well. Just the opposite, the Patient, who is a child and, after treatment, becomes healthy, so he resolves to become a doctor in future and eventually becomes one;

by becoming a doctor, he understands the Physician's duty, risks, and responsibilities and has faith in their excellent work. My message is to understand and respect each other's responsibilities and rights because "A doctor can become a patient, and a patient can become a doctor."

Finally, the top model of a Physician-patient relationship, is the mutual model where patients are treated as equal partners in treatment, in which the Patient is treated with his consent before the consenting Patient is provided with all the information based on which he gives his consent. Patient satisfaction is an essential indicator of professional adequacy. In the mutual model, Physician's image as a life-saver has become a life trustiness person by seeing whom the Patient feels a kind of more authentic within him. The medical field is similar to the battleground where a doctor tries to save dharma because, in the Patient's suffering, the Physician has to fight with his sentiments, external circumstances, society, culture and the Patient's thoughts. In the professional battleground, we do not see Krishna for help; what is essential here is the Physician's loyalty to traditional remedies, discussion with the Patient and his self-confidence. The area of protection, hope, miracle, chances, life and death, so medical professionals' mistakes (Physical or Psychological) can take someone's life here. The difference between this battlefield of medicine and other wars is that person's life is brought to destroy sin and establish the kingdom of truth where violence is quite apparent. Still, in the medical world, along with fighting the disease, we have to fight with the Patient's sentiments, so any type of physical, vocal, or mental violence is negligible here. Violence does not mean only killing someone but physically, verbally, and mentally harming the Patient. Here, the donation of life, relief from suffering, happiness & health are symbols of victory. We are human beings with divine life, but it is wrong to discriminate between sick and healthy and to insult the Patient. Vedanta philosophy has accepted that there is Brahma in all and there is no discrimination; man is essentially divine, that is, if the Physician is divine, so the Patient is also sacred, so don't see him as a seeker, weak and consumer. The only difference is that the Physician is the primary divine giver, and the Patient is the second blessed receiver. The best mission of the donor (Physician) is to absorb humanity and the suffering of the sick. The Physician knows the whole body from all aspects (physical, mental and spiritual) and with the help of Ayurveda, the Physician promotes the world's happiness.

We know well that the eightfold path of Buddhism puts humans on the way to nirvana. Still, if professionals, clients, doctors and patients follow this eighth path, they also achieve success, respect, love, good health, happiness, peace in life and salvation after death. In medical ethics, the eightfold way works as:-

1. Right Understanding: The Physician should understand the deeper level of medical teaching. The Patient should try to understand the Physician's pressure and the diagnosis process.
2. Right Thought: The Physician should have thoughts of human values (love, empathy, compassion and detachment) to Professional benefits (name, fame, wealth). The Patient should have positive and respectful

thoughts toward health and health provider.

3. Right Speaking: The Physician should speak rightly about the disease, treatment, expenses, and tests of the same patient condition apply to the Patient, and they should speak rightly about his feeling, suffering, pain, and conditions (social, economic). Physicians and Patients should abstain from uttering lies, slander and gossip.

satyam bruyat priyam bruyat, na bruyat satyam apriyam
priyam ca nanrutam bruyat, esha dharmah sanatanah

-Manusmriti

4. Right Act: The Physician should act rightly means, not work against the professional code of conduct, not steal, engage in dishonest action, or have illegitimate sex with a patient with the same condition applied to the patient. Patients obey the physician and act according to his medical code.
5. Right Livelihood: The Physician should have the right livelihood through the medical profession (private or government practices), and the Patient also supports the Physician at this point by giving proper consultation fees and paying timely expenses related to tests and diagnosis.
6. Right Effort: The Physician should put in the right effort to save the patient's life and health and the patient should support the effort of the physician.
7. Right Mindfulness: Right mindfulness work in medical field as a miracle because it is field of life & death, happiness & depression, health & illness, hope & disappointment, success & failure, so if health provider and patient both work with collaboration and mindfulness, they find positive result and reached soon their goal.
8. Right Concentration: Right concentration is keys of success and main mean of liberation and in medical profession its work like path of peace where you realize that you are here for someone, who is seeking you for relieving from his suffering. Right concentration helps the Physician to reach accurate problem of disease and patients. It creates positive environment among medical professionals, patients, patient's family and society.

Medicine has improved a lot in a modern scenario with the entry of law and ethics, healing art is booming, but the doctor-patient relationship is turning into a commercial bond. In such circumstances, the ethical principles laid down in the ancient Indian system of medicine can act as a guide. If the Physician and the Patient could only catch a spark of the spirit of the Indian ethic, the conflict between the doctor-patient relationships would revolutionize. It can help get higher respect and patronage of the society as in the past. Treatment is now considered an easy means, so doctors should work on the aspirations of the individual and the community. They should guide other health professionals and help humanity from the curse of disease and achieve the God-gifted treasure of health and long life. Neo-Vedanta philosopher and great spiritual figure Swami Vivekananda said:

“Let the giver kneel with all humility and thanks giving;
Let the recipient stand and allow”

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